



# The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

2 Farm Street, Upton, MA 01568, 508-529-4558 / 508-529-4559 / [www.uptonma.gov](http://www.uptonma.gov)



## July 2016



### THE UPTON CENTER STAFF

#### Director

Janice Read Nowicki

#### Social Services Coordinator

Jessica Mauro

#### Department Specialist

Bernadette Denson

#### COA Assistants

Deb Saulen

Karen Varney

#### Drivers

Jim Earl

Lori McGann

John Saulen

#### Nutrition Center Mgr.

Al Vautour

### COUNCIL ON AGING MEMBERS

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Grace Wadsworth

With summer finally here, we know a lot of you want to get out and about as much as possible. So it seems like a good time to remind you of the transportation options available here at the Upton Center. The Upton Center van is available to transport Upton seniors (60+) and Upton residents who are disabled to in-town errands as well as medical appointments in the surrounding towns. We are pleased to offer rides Monday through Friday, 8 am—3pm, subject to availability and staffing. Our fees are:

- Free to the Upton Center for programs & lunch!
- \$1 roundtrip for in-town errands (bank, library, hairdresser, Post Office, Town Hall, etc.)
- \$2 each way for medical trips within 2 towns
- \$3 each way for medical trips within 3 towns
- \$5 each way for medical trips in Boston

Our wonderful van drivers, John, Lori and Jim, are pleased to provide friendly curb to curb service. The van is equipped with a lift that accommodates wheelchairs and those unable to board by the stairs. Riders in need of assistance may bring a companion at no extra cost.

We ask that you let us know at least 48 hours in advance if you are in need of a ride, and we will do our best to accommodate you. We appreciate even more notice whenever possible, so that we can plan the best use of our van for shopping trips and other outings. Medical rides take precedence, so it's always helpful to let us know about them far in advance.

We schedule a variety of group shopping trips each month which are published in our newsletter and on the town website as well as posted to the bulletin boards here at the Center, at Millhaus Apartments, and at Coach Road Apartments. We want to visit the places you'd most like to go to, so please give us your input! Each month we schedule a lunch outing as well. We've recently gone to Depot Street Tavern, Empire Buffet, Longhorn's Steakhouse, Miss Mendon Diner, Outback's, The Ninety-Nine, Jube's, Lowell's and more. We also schedule trips to places like JJ's Ice Cream, local farm stands, Vandervalk blueberry picking farm, and more. We hope you will take advantage of this great resource to get you out and about! Please read on for further details of this month's adventures.



### New COA Members Needed

We would love to have some new members on our COA Board. This is a great way to get involved, share your ideas, and support the Center. Meetings are held at 10:30 the first Monday of each month for about an hour at the Center. You don't have to be a senior to join; all Upton residents are welcome. If interested, please contact the Center at 508-529-4558.



### Message About Meals

A nutritious lunch is served at the TriValley nutrition site here at the Upton Center each weekday at 11:45. **Please remember to call Al at 508-529-9094 by 10 am the day before a meal is served if you would like to reserve a spot or cancel a meal.** See calendar insert for details on menu selections. You can also call to inquire about home delivery of lunch and/or frozen evening dinners. The cost to you for a meal is \$3 (including milk and bread). However the actual cost is \$7.50 per meal, so it really adds up fast when people forget to cancel. We appreciate your help.

Janice



Please note that the Upton Center will be closed on Monday, July 4, in observance of Independence Day. No meals will be served.

Happy July 4th

## Shopping Trips

*Time spent in the stores is typically 60—90 minutes, depending on other trips scheduled. Please register at least 2 days ahead and choose one store for drop off/pick up when we do a loop\*.*



Wednesday, July 6 at 9:30—**Shaw's & Walgreens**, Milford

Friday, July 8 at 9:00—**Market Basket**, Hudson

Monday, July 11 at 9:00—**Salvation Army/Shaw's/Job Lots/Walmart Loop\***, Northbridge

Monday, July 18 at 9:15—**Foppema's Farm**, Northbridge

Friday, July 22 at 9:15— **Market Basket**, Oxford

Friday, July 29 at 9:00—**Salvation Army/Shaw's/Job Lots/Walmart Loop\***, Northbridge



## Fourth of July Cookout

**Friday, July 1 at 12:00**

Come celebrate Independence Day with a good old fashioned cookout! We'll enjoy hotdogs in honor of "National Hotdog Month", with plenty of fixings. Please call the Center to register. Fee is \$3. Bring your appetite!

## Elder Affairs Officer



**Wednesdays, July 6, 13, 20, 27 at 9:00**

The Upton Police Department will be holding office hours at the Center. Please call the Center to set up a time to speak with an officer.



## Foxwoods Casino Trip

**Wednesday, July 6, 6:45 a.m.—5:30 p.m.**

Join Foxy Travel of Northbridge for their daytrip to Foxwoods Casino. Cost of \$22 includes deluxe motor coach transportation, \$10 in food (or free buffet), and \$10 of slot play. Our van will be available to get you to and from Foxy Travel for an additional \$2 each way. Please call the Center to register. No refunds/transfers within 7 days of trip.

## SHINE



**Wednesdays, July 6 & July 20, 9:00—12:00**

SHINE Counselor Marcy Singer will hold individual appointments at the Center on July 6, and Jessica Mauro will hold them here on July 20. Please call the Center to register for an appointment to discuss your health insurance needs. SHINE = Serving the Health Insurance Needs of Everyone.



## Fun & Games

**Wednesdays in July at 12:30**

Let's have some fun this summer! Join us for a variety of games that are sure to bring a smile to your face as we challenge you physically and intellectually. Each Wednesday we'll choose from an assortment of games. Some will get your blood pumping (like beach volleyball, and corn hole), while others are meant to sharpen your mind (like Pictionary, Scrabble and more). We hope you'll join us, even if it's just to watch. Light refreshments will be served. No fee. Please call the Center to register.



## Ride With Us to the

## Concerts at Kiwanis Beach in Upton

**Thursdays—June 30/ July 7, 14, 21 and 28**

Hop on our van for a free ride to and from the Upton Rec. Commission's summer concerts at Kiwanis Beach various Thursdays through the end of July. Bring a blanket and chair and enjoy the music and the great outdoors!

- June 30: Mac Odom Band (funk, R&B & pop)
- July 7: Overdrive Horns (dance music of the past 3 decades)
- July 14: Boogaloo Swamis (Louisiana Cajun/Zydeco)
- July 21\*: Classic Groove (Jazz, R&B, Top 40 & Latin music) (\* See next column for details of pre-concert picnic 7/21)
- July 28: Houston Bernard Band (Modern Country)

Concerts begin at 6:30, with the exception of the June 30 concert, which begins at 6:00. Hotdogs, burgers, sausages, chips and drinks are available for purchase. **Please call the Center for a ride at least 2 days ahead so we can adequately schedule transportation.** The van will depart at 5:30 with pickups available at the front lobby of Millhaus Apartments and the mailboxes at Coach Road. Additional rides can be scheduled if needed.



## Pizza & Adult Health Info.

**Friday, July 8 at 12:00**

Members of the Salmon VNA will be here to provide an overview of the services that Adult Day Health can offer. While they're at it, they have graciously offered to provide a free pizza luncheon for Upton seniors here the Center. Thank you Salmon! Please call the Center to register.

## Live.Life.Healthy

## Wellness Talks with Jessica

**Monday July 11 & Monday, July 25 at 12:30**

Join Jessica for Wellness talks covering a variety of health issues. Please call the Center to register and let her know if you have any topics to suggest.

**Please call the Upton Center at 508-529-4558 with questions or to register for programs.  
Hours of Operation are Monday—Friday, 9:00—3:30 (weather and staff permitting).**



## Pie Baking Contest and Pie Party

Tuesday, July 12 at 12:30

Join us for a Pie Party! Let us know if you'd like to be part of our pie baking contest. We'll have a pie tasting at the party to determine our winner and prizes will be awarded! We'll also have an old fashioned pie eating contest and we'll top it off with a game of "Pie in the Face" (come play, or just watch!). Don't miss the fun! Please call the Center to register. No fee.

## Coach Road Ice Cream Social

Thursday, July 14 at 1:00



Join us in the community room at Coach Road for some ice cream with your friends and neighbors, provided by the COA Staff. No fee. Please call the Center to register.

## Birthday Bash & Harmonica Concert

Friday, July 15—Pizza at 12:45/Concert at 1:30



We've got a special treat for you at this month's birthday bash! We'll start off with pizza and cake in celebration of this month's birthdays. Free for those with July birthdays; a food donation of \$3 is suggested for all others. Then we'll enjoy a fun and festive Harmonica Concert put on by the Northborough Senior Center Harmonica Club! They'll play lots of popular and patriotic tunes for your enjoyment. (By the way—they're looking for new members if you're interested!). Please call the Center to register for the bday bash and/or concert.



## A Walk in the Park

Monday, July 18 at 12:30

Join us for a walk along the Milford bike trail. All fitness levels are welcome and there are plenty of benches along the way to take a break and enjoy the scenery. Please call the Center to register and let us know if you'd like a ride on our van (\$1 roundtrip for Upton seniors).

## Lunch at Willowbrook Restaurant

Tuesday, July 19 at 12:15



Enjoy a delicious lunch with friends at Willowbrook Restaurant in Mendon. They offer a wide variety of foods on their lunch menu, plus 32 flavors of ice cream! Please call the Center to register and let us know if you need a ride.



## Podiatrist Visit

Thursday, July 21, 8:45-12:00

Podiatrist Dr. Biancamano will be holding appointments at the Center. Please call the Center to register.



## Picnic at the Center

Thursday, July 21 at 4:00

We thought it would be fun to host a picnic here at the Center before one of the summer concerts at Kiwanis Beach. Join us for Italian and turkey subs and picnic food, whether you're heading to the concert or not! A food donation of \$3 is suggested. Please call the Center to register.



## Movie, Ice Cream and Penny Candy

Friday, July 22 at 12:30

Come enjoy a movie with yummy treats, too! This month we'll be showing "Brooklyn", the story of an Irish immigrant woman in 1950's who falls for a tough Italian in New York, but faces temptation from another man when she returns to her homeland for a visit. This drama was nominated for a Best Picture Academy Award. Join us!

## "Christmas in July" Continental Breakfast

Monday, July 25 at 9:15



Let's celebrate Christmas in July with a continental breakfast at the Center! We'll even throw in some Christmas Carols. Join us for a taste of the holidays! Please call the Center to register. A \$2 donation is suggested.



## Trip to JJ's Ice Cream

Tuesday, July 26 at 12:30

Take a ride on the van for a sweet treat—JJ's delicious ice cream! Please call the Center to register and let us know if you need a ride on our van.

## Simple Summer Meals for One

Friday, July 29 at 12:45



Dawn Berthelette, Healthy Eating Specialist from Whole Foods, will be here to share tips on how to make scrumptious simple summer meals for one! Small samples will be served. No fee. Please call the Center to register.



## Blood Pressure Checks

Every Friday at 10:30 + Wed., July 27 at 12:30

An EMT visits the Center each Friday at 10:30 to check blood pressure. The Town Nurse will also be here to do checks on Wednesday, July 27 at 12:30. Come get checked!



## Exercise Classes

Tai Chi on Mondays at 1:00

Strength & Stretch on Wednesdays at 10:00

Join us for some exercise, suitable for all fitness levels. Tai Chi is an ancient Chinese exercise which can improve your strength and decrease stress. Strength & Stretch classes are focused on strengthening, stretching, balance and flexibility. A \$3 donation is suggested for each. **PLEASE NOTE: Strength & Stretch classes will end on July 13, and return in the fall.**



## COMING in JULY—Blueberry Picking

It's almost berry picking time! Picking dates are not yet available at Vandervalk farm in Mendon. We'll put a flyer on our board once we schedule a trip. Let us know if you're interested in going so we can keep you posted when we schedule our trip.





## JESSICA'S SOCIAL SERVICES CORNER

### Staying Hydrated

Everyone knows it is important to stay hydrated, especially in the summer months. But it is especially important for seniors to stay hydrated since they are more likely to experience health problems due to a shortage of fluids. As we age it becomes harder for our bodies to retain water and our thirst mechanism declines. Seniors on average have 10% less fluids in their body than is essential. Some illnesses, diseases and medications also play a factor in hydration.

Here are some tips to stay hydrated in the hot summer months:



- Drink enough water to prevent thirst.
- Avoid alcohol and/or caffeine before or after exercise.
- Eat at least five cups of fruits and vegetables per day as they all contain various levels of water and the all-important nutrient potassium.
- Always keep a glass or bottle of water close to help create a habit of drinking water throughout the day.
- Set an alarm every hour to remind you to drink water.
- Stay in the shade when possible.
- Wear loose clothing.

Know some of the warning signs of becoming dehydrated, such as:

- A feeling of thirst or hunger
- Dry or sticky mouth
- Smaller quantities of urine
- Darker colored urine, it might even have a brown tinge
- Muscle cramping
- Headaches
- Lethargy
- Sleepiness
- Irritability



One final tip— if you do not like to drink regular water, try jazzing it up by adding lemons, limes, fruits, cucumbers. Stay hydrated!!



### Walking Club

The Upton Center's Walking Club continues! Walking journals are available at the Center. See prior page of this newsletter for details of our walk at the Milford Bike Trail.



### Wish List

We are in need of the following items at the Center:

- Bench for Coach Road seniors to sit on while awaiting van rides at Coach Road mailbox area.
- A new picnic table for our seniors to enjoy the outdoors!
- Fall themed vinyl tablecloths—5 round (70" tables) & 4 rectangular (tables are 30x60")
- Plastic wrap & aluminum foil.

Please call 508-529-4558 if you can help us. Thanks!

## COMMUNITY CORNER

### Summer Band Concerts



#### in Hopedale

Enjoy the summer concert series at Hopedale Town Park, Wednesdays from 7-9 pm:

June 29—Blackstone Valley Community Concert Band

July 13—Fantasy Big Band (contemporary)

July 20—Fourcast (acoustics from the 70's to today)

July 27—Nowheremen (Beatles tribute band)

August 3—Whiskeytone (Rockin' country blues)

August 10—Manrud (Contemporary big band jazz)

Sponsored by the Hopedale Cultural Council, in cooperation with the Hopedale Parks Department.

### Christmas in July—



#### Bloomer Girls' Fundraiser

Come join JJ's Ice Cream and the Upton Bloomer Girls as they celebrate JJ's 10 year anniversary with a Christmas in July fundraiser on Saturday, July 23 from 1-5 pm. Santa will be there, along with caricaturist Tim Snow. There will also be face painting and a bouncy house. Bring the kids! A portion of ice cream sales will be donated to the Upton Bloomer Girls.



### New Circus Coming to Mendon in July

On **Thursday, July 28**, the Zerbini Family Circus will present two shows on the corner of Route 16 and North Ave. in Mendon. Ticket details will be announced soon. For now—save the date!

### Bridge at Hopedale Senior Center



Seniors from all towns are invited to play Bridge **Tuesdays at 1:00** at the Hopedale Sr. Center (43 Hope St.). Free Refreshments. Sign up required at 508-634-2208.



### Calling All Harmonica Players!

The Northborough Senior Center Harmonica Club is seeking new members. The Club meets every Monday, 10—12 at the Northborough Sr. Center. Please contact Kelly Burke if interested at 508-393-5035 or email [kburke@town.northborough.ma.us](mailto:kburke@town.northborough.ma.us)

### Where's Uncle Sam's Hat?!




Congratulations to **Dot Drew** who was our lucky winner for finding the hidden watermelon slice last month. This time we've hidden Uncle Sam's hat. Can you find it?! Call the Center if you do and be entered to win a prize in July. Good luck!



# July 2016

Mon	Tue	Wed	Thu	Fri
<p><b>* Please see Newsletter for details on our shopping trips.</b></p>				<p><b>1</b></p> <p>10:30 Blood Pressure 12:00 4th July Cookout</p>  <p>BBQ Chicken</p>
<p><b>4</b></p> <p><b>INDEPENDENCE DAY</b></p>  <p>Center is closed. No meals served.</p>	<p><b>5</b></p> <p>10:00 Card Players Group 12:30 Wii Games</p> <p>Beef Stew</p>	<p><b>6</b></p> <p>6:45—5:30 Foxwoods Trip 9:00 Upton Police 9:00—12:00 SHINE 9:30 Shopping Trip* 10:00 Strength &amp; Stretch 11:00 Library Table 12:30 Canasta 12:30 Fun &amp; Games</p>  <p>Chicken Murphy</p>	<p><b>7</b></p> <p>10:00 Knit/Crochet Group 1:00 BINGO 5:30 Concert at Kiwanis Beach</p>  <p>Salisbury Steak</p>	<p><b>8</b></p> <p>9:00 Shopping Trip* 10:30 Blood Pressure 12:00 Pizza &amp; Adult Health Info. With Salmon VNA</p>  <p>Vegetable Cheese</p>
<p><b>11</b></p> <p>9:00 Shopping Trip* 12:30 Wellness Talk 1:00 Tai Chi</p> <p>Chicken Primavera w/Penne Pasta</p>	<p><b>12</b></p> <p>10:00 Card Players Group 12:30 Pie Baking Contest &amp; Pie Party 1:30 Wii Games</p>  <p>Meatballs</p>	<p><b>13</b></p> <p>9:00 Upton Police 10:00 Strength &amp; Stretch (last one until fall) 11:00 Library Table 12:30 Canasta 12:30 Fun &amp; Games</p> <p>Pork Chow Mein</p>	<p><b>14</b></p> <p>10:00 Knit/Crochet Group 1:00 BINGO 1:00 Coach Road Ice Cream Social 5:30 Concert at Kiwanis Beach</p>   <p>Chicken Fajitas</p>	<p><b>15</b></p> <p>10:30 Blood Pressure 12:45 Birthday Bash 1:30 Harmonica Concert</p>   <p>Trout w/Lemon Vinaigrette</p>
<p><b>18</b></p> <p>9:15 Shopping Trip* 12:30 Walk in the Park 1:00 Tai Chi</p>  <p>Hot Dog</p>	<p><b>19</b></p> <p>10:00 Card Players Group 12:15 Lunch at Willowbrook 12:30 Wii Games</p>  <p>Chicken Sausage</p>	<p><b>20</b></p> <p>9:00 Upton Police 9:00—12:00 SHINE 11:00 Library Table 12:30 Canasta 12:30 Fun &amp; Games</p> <p>Salmon Boat w/Dill Sauce</p>	<p><b>21</b></p> <p>8:45—12:00 Podiatrist Visit 10:00 Knit/Crochet Group 1:00 BINGO 4:00 Picnic at the Center 5:30 Concert at Kiwanis Beach</p>   <p>Beef Mediterranean</p>	<p><b>22</b></p> <p>9:15 Shopping Trip* 10:30 Blood Pressure 12:30 Movie &amp; Ice Cream at the Center</p>  <p>Lasagna</p>
<p><b>25</b></p> <p>9:15 "Christmas in July" Continental Breakfast 12:30 Wellness Talk 1:00 Tai Chi</p>  <p>Roast Pork w/Gravy</p>	<p><b>26</b></p> <p>10:00 Card Players Group 12:30 Wii Games 12:30 Trip to JJ's Ice Cream</p> <p>Shepherd's Pie</p>	<p><b>27</b></p> <p>9:00 Upton Police 11:00 Library Table 12:30 Canasta 12:30 Fun &amp; Games 12:30 Blood Pressure Checks</p> <p>Bacon Omelet</p>	<p><b>28</b></p> <p>10:00 Knit/Crochet Group 1:00 BINGO 5:30 Concert at Kiwanis Beach</p>  <p>Chicken Cacciatore</p>	<p><b>29</b></p> <p>9:00 Shopping Trip* 10:30 Blood Pressure 12:45 Whole Foods Simple Summer Meals for One</p>  <p>Potato Crunch Fish</p>

## July, 2016 — Dates to Remember

Check  here if you plan to attend !\*

- June 30 ☐ Concert at Kiwanis Beach, 5:30 departure for 6:00 Concert. (Do you need a ride? ☐ Yes ☐ No)
- July 1 ☐ 4th of July Cookout (Hotdogs & fixings), 12:00
- July 4 ☐ INDEPENDENCE DAY—The Center is closed; no meals are served.
- July 6 ☐ Foxwoods Trip, 6:45 am—5:30 pm
- July 6 ☐ Upton Police, 9:00
- July 6 ☐ SHINE Appointments with Marcy, 9:00—12:00
- July 6 ☐ Shopping Trip—Shaw's & Walgreens, Milford, 9:30
- July 6 ☐ Fun & Games at 12:30
- July 7 ☐ Concert at Kiwanis Beach, 5:30 departure for 6:30 Concert. (Do you need a ride? ☐ Yes ☐ No)
- July 8 ☐ Shopping Trip—Market Basket, Hudson, 9:00
- July 8 ☐ Pizza & Adult Health Info. with Salmon VNA, 12:00
- July 11 ☐ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:00
- July 11 ☐ Wellness Talk w/Jes, 12:30
- July 12 ☐ Pie Baking Contest & Pie Party, 12:30
- July 13 ☐ Upton Police, 9:00
- July 13 ☐ Fun & Games at 12:30
- July 14 ☐ Coach Road Ice Cream Social, 1:00
- July 14 ☐ Concert at Kiwanis Beach, 5:30 departure for 6:30 Concert. (Do you need a ride? ☐ Yes ☐ No)
- July 15 ☐ Birthday Bash, 12:45
- July 15 ☐ Harmonica Concert, 1:30
- July 18 ☐ Shopping Trip—Foppema's Farm, Northbridge, 9:15
- July 18 ☐ Walk in the Park, Milford Bike Trail, 12:30
- July 19 ☐ Lunch Trip to Willowbrook Restaurant, Mendon, 12:15
- July 20 ☐ Upton Police, 9:00
- July 20 ☐ SHINE Appointments with Jessica, 9:00—12:00
- July 20 ☐ Fun & Games at 12:30
- July 21 ☐ Podiatrist Appointments, 8:45—12:00
- July 21 ☐ Picnic at the Center, 4:00
- July 21 ☐ Concert at Kiwanis Beach, 5:30 departure for 6:30 Concert. (Do you need a ride? ☐ Yes ☐ No)
- July 22 ☐ Shopping Trip—Market Basket, Oxford, 9:15
- July 22 ☐ Movie & Ice Cream at the Center, 12:30
- July 25 ☐ "Christmas in July" Continental Breakfast, 9:15
- July 25 ☐ Wellness Talk w/Jes, 12:30
- July 26 ☐ Trip to JJ's Ice Cream, Upton, 12:30
- July 27 ☐ Upton Police, 9:00
- July 27 ☐ Fun & Games at 12:30
- July 27 ☐ Blood Pressure Checks with Town Nurse, 12:30
- July 28 ☐ Concert at Kiwanis Beach, 5:30 departure for 6:30 Concert. (Do you need a ride? ☐ Yes ☐ No)
- July 29 ☐ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:00
- July 29 ☐ Whole Foods Simple Summer Meals for One, 12:45



### \*EASY SIGN UPS!

Turn your sheet in to our office and we'll  
make a copy and sign you up!

Your name:

Your Phone Number:

Please call the Upton Center at 508-529-4558  
to register for rides and programs.

Hours of operation are Monday—Friday,  
9:00—3:30 (weather & staff permitting).

### WEEKLY EVENTS AT THE UPTON CENTER

- Every Monday ..... Tai Chi ..... 1:00
- Every Tuesday ..... Card Players Group ..... 10:00
- Every Tuesday ..... Wii Games (moved to 1:30 on 7/12) ..... 12:30
- Every Wednesday ..... Strength & Stretch (ends July 13; resumes September 7) ..... 10:00
- Every Wednesday ..... Library Table ..... 11:00
- Every Wednesday ..... Canasta ..... 12:30
- Every Thursday ..... Knit/Crochet Group ..... 10:00
- Every Thursday ..... BINGO ..... 1:00
- Every Friday ..... Blood Pressure Checks with EMT ..... 10:30